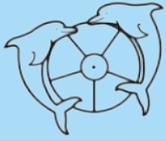




## Quiet Healing Center Aquatic Bodywork Courses December 2021 - April 2022

Month	Date	Course	Teacher(s)	Page
December 2021	25 - 26	Woga® 1&2 (Yoga in Water)	Dariya	8
January 2022	04 - 09	Watsu® & OBA® Basic	Dariya & Daniel	5
	12 - 16	Watsu® 1 (Transition Flow)	Dariya & Daniel	5
	26 - 01	Watsu® 2	Dariya	6
February 2022	03 - 06	Assistant Training Course (ATC) Watsu®	Watsu India Team	2
	07 - 10	Watsu® & OBA® Basic	Petra Buschfeld	5
	12 - 13	Woga® 1&2 (Yoga in Water)	Petra Buschfeld	8
	14 - 20	Liquid Flow Essence	Dariya & Daniel	3
	21 - 27	Watsu® 3	Gianni De Stefani	7
March 2022	01 - 07	Watsu® 1	Petra Buschfeld	6
	09	Watsu® for Babies	Dariya	7
	10 - 11	Watsu® & Meditation	Dariya	4
	12 - 13	Watsu® & Breathing	Dariya	4
	15 - 21	Inner Watsu®	Watsu India Team	2
	22 - 27	Watsu® & OBA® Basic	Dariya & Daniel	5
	29 - 30	Woga® 1&2 (Yoga in Water)	Dariya	8
April 2022	01 - 06	OBA® 1	Petra Buschfeld	3

For information & bookings, please email us at [quiet@auroville.org.in](mailto:quiet@auroville.org.in), contact us through our website [www.quiethealingcenter.info](http://www.quiethealingcenter.info) or call our reception: Mobile +91 9488084966 / 9488079871



## Assistant Training Course (ATC) Watsu® with Watsu India Team



A 4-day course geared towards aquatic bodywork practitioners, who would like to become teacher assistants in Watsu.

This course is offered by a collective team of experienced teachers, who over more than a decade of experience have gained a deep knowledge of passing on these aquatic bodywork techniques.

**Dates:**  
3 - 6 February 2022

**Prerequisites:**  
Watsu practitioner for min. 1 year.

**Credits:** ATC Watsu is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 32 supplementary hours of credit for registration with WABA and Watsu India.

**Price:** ₹ 14,500  
(lunch included)

While remaining respectful to the spirit of Harold Dull, the founder of Watsu, they have developed their own vision and methodology. In this course you will learn the basic principles of teaching, such as the theoretical and practical methodology for adult-learning, and apply them to aquatic bodywork modalities like Watsu.

## Inner Watsu® with Watsu India Team

Through an interdisciplinary approach and discussion on issues related to aquatic bodywork and personal growth, you will deepen your experience and understanding of working with human beings in warm water.



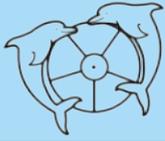
**Dates:**  
15 - 21 March 2022

**Prerequisites:**  
Watsu 2 or an equivalent course.

**Credits:** Inner Watsu is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 50 hours of credit for registration with WABA and Watsu India.

**Price:** ₹ 23,950  
(lunch included)

In this intense course you will be exposed to different topics, including Art of Touch, Boundaries/Intimacy, Chakras & Pranayama, Communication skills, powerful Meditation techniques, Quality of Relation, Rebirthing, Self-Awareness/Breath-Awareness, and Shiatsu.



## Liquid Flow Essence

with Dariya & Daniel



This intense 7-day course with the main Liquid Flow sequence is for students of different aquatic bodywork modalities, who wish to dive deeper into their practice.

In combination with practices on land, you will experience the profound effects of this powerful, yet softening, work.

Liquid Flow Essence is the favourite elective of many students. Inspired by different aquatic bodywork modalities, it offers a wonderful new sequence of essential mobilisation possibilities in a flow with ease and continuity.

Together with a deepening presence and unconditional holding, this course improves your therapeutic work and leads towards the core of any aquatic bodywork: being deeply in touch with one's own essence, and experiencing a sense of timelessness and connection to all.

**Dates:**

14 - 20 February 2022

**Prerequisites:**

Watsu & Liquid Flow Basic or Watsu & OBA Basic, and number of practice sessions given according to teachers' recommendation.

**Credits:**

Liquid Flow Essence is an elective of the Watsu India training program and gives 50 supplementary hours of credit for registration with WABA (Worldwide Aquatic Bodywork Association).

**Price:** ₹ 25,500  
(lunch included)

## OBA<sup>®</sup> 1

with Petra Buschfeld



A 6-day course with mainly under water work.

In this course, we will approach water in a playful and friendly way and learn the various techniques of this wonderful work in warm water.

We will explore the three phases of a session: working on cushions and floats, working on the surface, and under water.

At the end of this course you will be able to offer friends and family a complete OBA session.

**Dates:**

1 - 6 April 2022

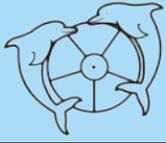
**Prerequisites:**

OBA Basic or equivalent course.

**Credits:**

OBA 1 is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credits for registration with WABA and Watsu India.

**Price:** ₹ 25,950  
(lunch included)



## Watsu® & Breathing

with Dariya



A 2-day journey of exploring and discovering your breath and its applications in Watsu. You will also learn to integrate the practice of Watsu qualities and the power of working with your client's breath.

Several topics will be discussed such as the link between breathing and yourself as a giver, but

also breathing and your energetic connection with the receiver.

You will also learn about the anatomical basis of our respiratory system to better understand its functioning.

To incorporate all these elements into your water work, you will practice, explore, share your feelings, and practice again and again...

**Dates:**

12 - 13 March 2022

**Prerequisites:**

Watsu Basic or Watsu & Liquid Flow Basic.

**Credits:**

Watsu & Breathing is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 15 hours of credit for registration with WABA and Watsu India.

**Price:** ₹ 7,500

(lunch included)

## Watsu® & Meditation

with Dariya



Meditation is an important tool to listen, accept and know ourselves, and to become more intuitive towards ourselves and others.

In our understanding, the purpose of meditation is to cultivate presence and peace of mind, which foster possibilities to connect to our unique essence and the world around us.

It also encourages development of our intuition and perception through the heart, besides perception through the rational mind. This might at times support making choices from a deeper place.

Meditation essentially helps to develop our capacity for personal expansion and is the basis for our ability to deeply listen to, and be fully present with the person we float during a Watsu session.

**Dates:**

10 - 11 March 2022

**Prerequisites:**

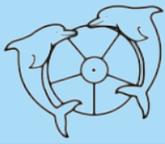
Watsu Basic or Watsu & Liquid Flow Basic.

**Credits:**

Watsu & Meditation is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 15 hours of credit for registration with WABA and Watsu India.

**Price:** ₹ 7,500

(lunch included)



## Watsu® & OBA® Basic

with Dariya & Daniel or Petra Buschfeld



Watsu & OBA are aquatic bodywork modalities given in a warm water pool (ideally 35°C).

Watsu, the part where the client's face stays always on the surface, introduces the qualities and body mechanics required to work with someone in water.

During the OBA part the receiver is also brought under water (with nose clip), which offers a unique experience.

In this course, you will practice basic techniques and qualities (grounding, presence, stillness, movement, attention) of being and moving another body in water. You will experience floating other people and being floated, on the surface and under water, thereby creating space for deep relaxation and nurturing body, mind and spirit.

Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

**Dates:**

4 - 9 January 2022  
7 - 10 February 2022\*  
22 - 27 March 2022  
\* 4 full days

**Prerequisites:**

No previous experience required.

**Credits:** Watsu Basic is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 16 hours of credit for registration with WABA and Watsu India. OBA Basic is part of the Watsu India training program and gives an additional 15 hours of credit for registration with Watsu India and 15 supplementary hours with WABA.

**Price:** ₹ 14,950 /  
₹ 16,950 (lunch included)

## Watsu® 1 (Transition Flow)

with Dariya & Daniel



A 5-day course on the surface only.

In this course you will be taught to connect the basic movements and positions you have learned in Watsu Basic with long, gracefully flowing transitions and to adapt this work to people of different sizes, shapes, and dispositions.

You will also learn about your own body mechanics and how to support and move each person as effortlessly as possible.

On land, you will be introduced to both Co-Centering and Tantsu, and explore what being held means to you and others.

**Dates:**

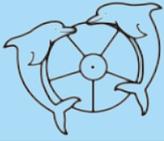
12 - 16 January 2022

**Prerequisites:**

Watsu & Liquid Flow Basic or Watsu & OBA Basic or Watsu Basic.

**Credits:** Watsu 1 (TF) is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 34 hours of credit for registration with WABA and Watsu India.

**Price:** ₹ 17,950  
(lunch included)



## Watsu® 1

with Petra Buschfeld



A 7-day course on the surface only.

In this course you will first learn the basic movements and positions of Watsu.

Then you will connect them with long, gracefully flowing transitions and adapt this work to people of different sizes, shapes, and dispositions.

You will also learn about your own body mechanics and how to support and move each person as effortlessly as possible.

On land, you will be introduced to both Co-Centering and Tantsu, and explore what being held means to you and others.

**Dates:**

1 - 7 March 2022

**Prerequisites:**

No previous experience required.

**Credits:** Watsu 1 is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 50 hours of credit for registration with WABA and Watsu India.

**Price:** ₹ 25,500  
(lunch included)

## Watsu® 2

with Dariya



A 7-day course on the surface only.

Watsu 2 expands the Transition Flow taught in Watsu 1. You learn additional movements and bodywork in each position and how to incorporate them in a session.

You also learn about the meridians and acupressure points in Watsu and to

creatively explore your own movements, while following the client's tendency to move.

Practising acupressure massage, lifts, pushes and pulls introduced at this stage, helps developing the ability to explore and play with energy.

**Dates:**

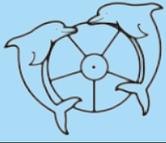
26 Jan. - 1 Feb. 2022

**Prerequisites:**

Watsu 1.

**Credits:** Watsu 2 is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 50 hours of credit for registration with WABA and Watsu India.

**Price:** ₹ 25,500  
(lunch included)



## Watsu® 3

with Gianni De Stefani



A 7-day course on the surface only.

Watsu 3 is for people who have given enough practice sessions to develop a comfortable, intuitive awareness of how to float another person and who are ready to adapt and further explore aquatic bodywork outside the fixed form of Watsu 2.

**Dates:**

21 - 27 February 2022

**Prerequisites:**

Watsu 2 and Watsu 2 mastery.

**Credits:** Watsu 3 is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 50 hours of credit for registration with WABA and Watsu India.

**Price:** ₹ 25,500  
(lunch included)

Powerful stretches and advanced techniques are introduced while rolls that require a spontaneous adaptation are learned as a gateway into Watsu's "Free Flow".

*You can only participate in this advanced course after having shown and passed your Watsu 2 mastery!*

## Watsu® for Babies

with Dariya



Watsu for Babies is a beautiful, spontaneous way of experiencing the first childhood years and is open to all those, who would like to experience the joy of being in water with babies.

**Dates:**

9 March 2022

**Prerequisites:**

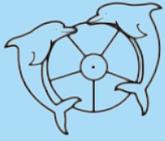
Watsu Basic or a degree to work with babies in water.

**Credits:** Watsu for Babies is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 8 hours of credit for registration as aquatic bodywork with WABA and as an elective with Watsu India.

**Price:** ₹ 3,950  
(lunch included)

In this course you will discover that emotions arising from spontaneous movements in water open extraordinary borders. They allow us to be in the present moment, simply listening to the breathing of the baby while being supported by the healing power of water.

Through some Tantsu and Ai-Chi exercises, you will start listening to yourself and to the baby you hold in your arms. You will also be exposed to possible transitions of the Watsu sequence in order to expand it in a creative way for babies.



## Woga® 1&2

with Dariya or Petra Buschfeld



A 2-day course.

Woga is the union of two words: water and yoga.

Thanks to the decrease of gravity, water allows ease to movements, unblocks articulations, lengthens and melts muscles, removes negative tensions, and prevents stress, insomnia and anxiety.

Woga is based on classic yoga poses and stretches, modified for standing in water, between waist-to-chest height. You do not need to know how to swim.

Classes are structured much like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period. The difference is that you are in a warm water pool!

Focus of Woga 1&2 is Hatha Yoga in water (asanas in standing position, on the wall, in floating position, and under water), pranayama and meditation.

**Dates:**

25 - 26 Dec. 2021  
12 - 13 February 2022  
29 - 30 March 2022

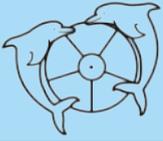
**Prerequisites:**

No previous experience required (also no need to know how to swim).

**Credits:** Woga 1&2

(Yoga in Water) is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 12 supplementary hours of credit for registration with WABA and Watsu India.

**Price:** ₹ 6,250  
(lunch included)



## Teachers

## Biographies

## Courses 2021-2022



**Gianni De Stefani** travels worldwide since more than 30 years as organizer and WABA instructor.

He teaches Watsu Basic, Watsu 1, 2 & 3, Anatomy for Watsuer, Adapted Watsu, Watsu & Meditation, Watsu for Babies, OBA, Woga, Water Gymnastics and Rehab.

- Inner Watsu®
- Watsu® 3



**Dariya** (as WABA instructor) & **Daniel** have been sharing their passion for aquatic bodywork with groups since 2004.

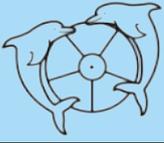
Besides the belief that a solid technical base provides possibilities for ease and lightness in further learning, their main focus is to create spaces for flow, deepening and connection.

- Inner Watsu®
- Liquid Flow Essence
- Watsu® & Meditation
- Watsu® & OBA® Basic
- Watsu® 1 (Transition Flow)
- Watsu® 2
- Watsu® for Babies
- Woga® 1&2



**Petra Buschfeld**, a certified acupuncturist, is a WABA instructor for Watsu Basic and co-teaches Shiatsu for Watsu. She also teaches Watsu & Elements of Vipassana, OBA 1 and Woga 1&2.

- Inner Watsu®
- OBA® 1
- Watsu® & OBA® Basic
- Watsu® 1
- Woga® 1&2



## General Information

---

### Course Timings

Full day courses usually start at 8.45 am and last till 6.00 or 6.30 pm. Afternoon courses usually start at 1.00 pm. Lunch is included in all full day courses.

### Course Prices

Course prices include teaching fees, pool use, didactic material (DVD and/or manuals), certificates, lunches and snacks, and registration fees with WABA (Worldwide Aquatic Bodywork Association) and Watsu India. Prices are given in Indian Rupees (₹).

Visit <http://www.oanda.com/currency/converter> to check prices in your currency.



### How to book

If you are interested to join a course, write us an email at [quiet@auroville.org.in](mailto:quiet@auroville.org.in) or contact us through our website at [www.quiethealingcenter.info](http://www.quiethealingcenter.info).

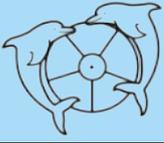
Please give us details of previous trainings in aquatic bodywork, if any, to ensure that you are qualified to attend the course you are interested in. (Read the course prerequisites!)

We will inform you within the next few days about availability of place and email you all necessary further information.

If a course is full, we will put your name on the waiting list and let you know if we receive a cancellation.

### Language & Age Requirements

Basic knowledge of English is required, as all courses are taught in English, although some of our teachers are proficient in French, German and Italian. In principle, aquatic bodywork courses cannot be attended by people under 16.



# Quiet Healing Center

## Aquatic Bodywork Courses Dec. 2021 - April 2022

Page 11

### Payment

Payment needs to be made on the first day of the course either in cash (Indian Rupees), through UPI digital transfers, or by debit/credit card. We accept Visa Card, Master Card and Maestro. To cover bank charges on card payments, 2% on Indian credit cards and on all foreign debit/credit cards is added; no charges on Indian debit cards. Admission to the course will only be given after payment. Please arrive at the Quiet Healing Center reception at least half an hour before the course starts to pay and sign in.

In case you have to leave the course due to illness or any other personal reason, we will not be liable to make any refund.

### Course Cancellations

Courses may be cancelled due to an insufficient number of students (min. 4). Check with our reception a few days before your course to avoid unnecessary travel.

If you have any further queries, please feel free to contact us.

**Quiet Healing Center**  
[www.quiethealingcenter.info](http://www.quiethealingcenter.info) / [quiet@auroville.org.in](mailto:quiet@auroville.org.in)  
Mobile: +91 9488084966 / 9488079871



## No Liability Disclaimer

We welcome you to our center and wish to offer our best services for your optimal learning experience in aquatic bodywork. At the same time, we ask you to take full responsibility for yourself and inform the teacher of any relevant medical condition before or during the course.

We reserve the right to exclude any participant, who has behaved in an inappropriate or unethical manner towards other participants, or in a disruptive way towards the group. In these extreme circumstances, the participant will be required to leave immediately and will not receive any refund or have any claim against the teacher or Quiet Healing Center.

We cannot be held responsible for any injury, theft or damage to personal property of course participants. You are advised to have your own insurance arrangements.

Neither can we be held responsible for any course disruption or cancellation due to factors outside our control, such as bad weather conditions, local area electricity failures, contagious illness, digestive ailments, etc. In case weather conditions during a course delay access to our outdoor pool, we will to the best of our abilities adjust the learning program according to the needs of the group.